

SECOND PRELIMINARY AMENDMENT
AS TO THE CLAIMS ONLY
(FEBRUARY 24, 2004)

Please cancel all prior claims, 1 through 8 previously submitted as Original Claims 1-8 and Claim 8 submitted in the First Preliminary Amendment.

Please add the following two claims, which will be the only claims to be considered in the First Office Action.

Claim 9 (new): In an adjustable stationary exercise bicycle having a frame including a cross-bar, the frame supporting and attached to a seat, handlebars and a working wheel, also having pedals rotatably attached to the frame and operatively connected to the working wheel, the improvement comprising:

(a) an adjustable friction piece mechanically in contact with said working wheel;

(c) a tensioning and quick-brake and disengagement means comprising:

- (1) a friction adjusting shaft having a threaded portion with an upper end slidably connected to said frame and a lower end in contact with said friction piece;**
- (2) a friction tightening nut adapted to receive the threaded portion of said adjusting shaft wherein said nut may slide up and down with said shaft but will not rotate;**
- (3) a perimeter around said tightening nut to prevent the rotation of said nut;**
- (4) a flange located above said nut;**
- (5) a friction adjusting spring located around said shaft and between said nut and flange, wherein said nut and spring allow said spring to be tightened.**

Claim 10 (new): In an adjustable exercise bicycle having a frame, said frame supporting and attached to a seat, handlebars and a flywheel, also having pedals rotatably attached to said frame and operatively connected to said flywheel, and an adjustable friction piece mechanically in contact with said flywheel, the improvement comprising:

a vertical handlebar adjustment mechanism comprising:

- (a) a handlebar attached to the top of a handlebar support, said handlebar support slidably located in a bicycle front support;**
- (b) a threaded spacer attached to said bicycle front support at an adjusting hole;**
- (c) a tightening pill, said pill having an upper head flange and a lower pill shaft, said pill adapted to be inserted inside said threaded spacer, wherein said flange prohibits said pill from going through said adjusting hole; and**
- (d) a quick-release lever having a handle and a threaded shaft, wherein said threaded shaft is adapted to be threadedly inserted into said spacer;**

wherein said handlebar support may be adjustably secured inside of said bicycle front support by said lever and tightening pill.